



salud

For more than 90 years, the Tennessee Department of Health has been helping mothers and their babies. To make sure your new baby is healthy and gets off to a good start, we strongly recommend breastfeeding.

LOS ALIMENTOS DE WIC PARA LA MADRE EMBARAZADA

Sus Alimentos de WIC:

- Tiene una mayor selección de alimentos
- Ofrece una variedad de frutas y vegetales
- Ayuda a mejorar la salud de su familia
- Sigue las recomendaciones de las Guías Dietéticas y las de MiPlato

Los alimentos que va a recibir en su paquete:

GRANOS	FRUTAS y VEGETALES	LECHE	PROTEÍNA
<p>36 onzas de cereales</p> <p>1 - 16 onzas de pan de trigo entero u otros productos integrales tales como:</p> <ul style="list-style-type: none"> • Arroz integral • Bulgur • Avena • Cebada • Tortillas suaves de maíz • Tortillas de trigo entero 	<p>3 jugos congelados de 11.5 a 12 onzas ó 3 jugos de 46 a 48 onzas aprobado por el WIC</p> <p>Cupón de un valor de \$10 para la compra de frutas y vegetales frescos o congelados</p>	<p>4 galones de leche- grasa reducida, sin grasa, baja en grasa o "sweet acidophilus"</p> <p>1 caja o envase de 9.6 onzas de leche descremada en polvo o escoja 3 de cualquiera de esto (puede combinar):</p> <ul style="list-style-type: none"> • 1 cuarto de leche agria ("buttermilk") • 1 lata de leche evaporada • 14-16 onzas de tofu <p>16 onzas de queso</p>	<p>1 docena de huevos</p> <p>Bolsas de 16 onzas de frijoles, chícharos o lentejas secos ó 4 latas de 15 a 16 onzas de frijoles enlatados</p> <p>1 envase de 16 a 18 onzas de crema de cacahuate/maní</p>

Esta institución es un proveedor con igualdad de oportunidades y el empleador.

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WIC FOODS FOR PREGNANT WOMEN

Your WIC Foods:

- Increase your choice of food • Offer a variety of fruits and vegetables
- Help improve your family's health • Follow the Dietary Guidelines and MyPlate recommendations

What You Will Receive:

GRAINS	FRUITS and VEGETABLES	DAIRY	PROTEIN
<p>36 oz cereal 2 - 16 oz whole wheat bread or other whole grain products such as:</p> <ul style="list-style-type: none"> • Brown rice • Bulgur • Oatmeal • Barley • Soft corn tortillas • Whole wheat tortillas 	<p>3 – 11.5 to 12 oz frozen or 3 – 46 to 48 oz containers of WIC approved juice \$10 cash value voucher for fresh or frozen fruits and vegetables</p>	<p>4 gallons milk – Reduced Fat, Fat Free, Low Fat, or Sweet Acidophilus 1-9.6 oz container nonfat dry milk or choose 3 (any combination) of these: 1 quart buttermilk 1 can evaporated milk 14-16 oz tofu 16 oz cheese</p>	<p>1 dozen eggs 16 oz package dried beans/peas or 4 - 15oz or 16 oz cans of canned beans 1 - 16 to 18 oz jar of peanut butter</p>

This institution is an equal opportunity provider and employer.

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